

About asthma exacerbations

Asthma exacerbations

= worsening of asthma symptoms*



Exacerbations are:



*defined as a deterioration of asthma symptoms that requires initiation or at least a doubling of systemic glucocorticoids for ≥ 3 days

Real-life impact of asthma exacerbations

Asthma exacerbations can make people with asthma feel
deflated over a battle they feel can never be won

Asthma exacerbations have a **significant impact** on people with asthma:

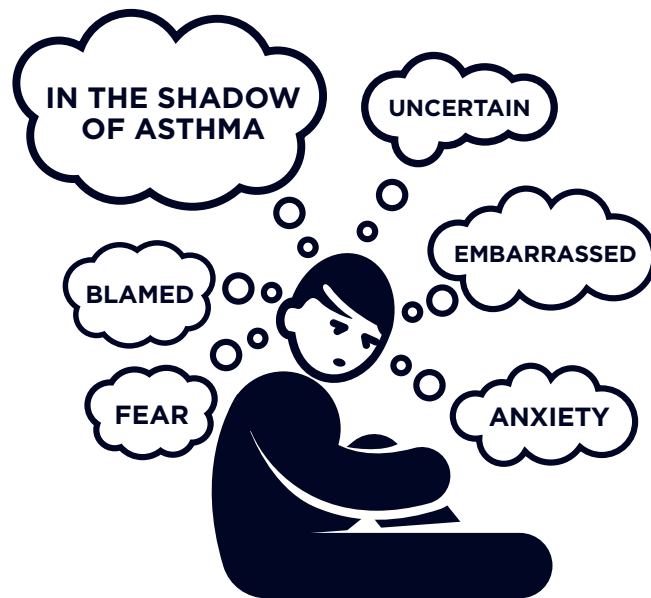


AFFECTS THE
COURSE OF
THE DISEASE⁴



Real-life impact of asthma exacerbations

Some of the words people with asthma use **to describe how they feel:**



Having **symptom free days** has been found to be the **most important aspect** for people with asthma⁵



Symptomatic asthma patients have **~x6 greater chance of having an asthma attack** in the next few weeks than those with minimal to no daytime symptoms⁶

Reducing the risk of asthma exacerbations

The **long-term goals of asthma management** are to **achieve good symptom control**, and to **minimise future risk of exacerbations, fixed airflow limitation and side-effects of treatment**⁷

The Royal College of Physicians (RCP) recommends using **three key questions** to identify patients who experience **persistent symptoms** and who may need to **revisit their treatment plan**.⁸

RCP three questions:*

In the last month/week

- 1. Have you had difficulty sleeping due to your asthma (including cough symptoms)?
- 2. Have you had your usual asthma symptoms (eg cough, wheeze, chest tightness, shortness of breath) during the day?
- 3. Has your asthma interfered with your usual daily activities (eg school, work, housework)?



Despite current treatment options, **almost one in two patients** with asthma still **experience symptoms**.⁹⁻¹¹ New treatment innovations are needed to address the **current unmet medical need** in asthma.

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